

Mindful May

Mindful eating is when you use all of your physical and emotional senses to enjoy your food selections. There are seven practices of mindful eating.

1. The first principle is to honor the food, which means understanding where the food came from, where the food was grown, and who prepared the meal. It also means eating without distractions, so yes, no phone at the dinner table or while eating!
2. The second principle is to engage all senses; therefore, notice the sounds, colors, smells, tastes, and textures of the food and how the food you're eating makes you feel.
3. The third principle is to serve in modest portions, which means serving only the amount of food you think will make you feel full and satisfied, which helps you not overeat and waste food.
4. The fourth principle is to enjoy small bites, and chew thoroughly, which can help you eat slowly and appreciate the different flavors of the food.
5. The fifth principle is to eat gradually or until 80% full to avoid overeating.
6. The sixth principle is not to skip meals. Skipping meals increases the chances of overeating when you eat again, and they may also not be the healthiest choices.
7. Lastly, the seventh principle is to add more plant-based foods to your diet, such as beans, vegetables, fruits, nuts, seeds, and whole grains, which are linked with many health benefits and are also better for the environment when grown!

May Holidays

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- National Hamburger Month
 - National Egg Month
 - National Asparagus Month
 - National Strawberry Month
 - National Salad Month
 - National Barbecue Month
 - National American Cheese Month
 - National Salsa Month
 - May 1** National Principal's Day
 - May 3** School Lunch Hero Day
 - May 4** Orange Juice Day
 - May 5** Cinco de Mayo
 - May 7** National Teachers' Day
 - May 8** National School Nurse Day
 - May 12** Mother's Day
 - May 13** National Crouton Day
 - May 14** National Buttermilk Biscuit Day
 - May 16** National Barbecue Day
 - May 27** Memorial Day
 - May 27** National Grape Day
 - May 28** National Hamburger Day

Dieticians Pick

Whether roasted, grilled or in a salad, asparagus is a great vegetable that can be cooked in many ways! Asparagus is a good source of potassium which is an important mineral that helps our muscles contract and regulates our body fluids. Did you know that once asparagus is planted, it will continue to reproduce for about 15 years without the need for replanting? It is a spring vegetable with peak season in April and May so make sure to enjoy it while it's in season!



Asparagus Tomato Salad Serves 4-6

INGREDIENTS:

- 1 pound Fresh, Asparagus
- 3/4 cup Cherry Tomatoes, Halved
- 1 Tablespoon Red Onion, Chopped
- 1-2 Tablespoons Olive Oil
- 2 1/2 teaspoons Lemon Juice
- 2 1/2 teaspoons Dijon Mustard
- 1/2 cup Basil, chopped or 2 teaspoons Dried Basil
- Salt and Black Pepper to Taste



Mindful Eating

Classification of Vegetables according to Plant Families	
Curcubits (gourd family)	Solanaceae (nightshade family)
Alliums (onion family)	Umbellifers (carrot family)
Legumes (bean family)	Amaranthaceae (beetroot family)
Crucifers (cabbage family)	Asters (sunflower family)
Aurums	Mallows
Zingiberaceae (ginger family)	Grasses
Morning-glories	Euphorbias (spurge family)

Note: vegetables are not shown to scale.

1. Cut asparagus into 1-2 inch pieces; discarding woody or white bottoms of asparagus. *Cut tomatoes in half and chop onion. Loosely chop the basil.

2. Whisk together the oil, lemon juice, mustard, and basil. Season the dressing with salt and pepper to taste. Combine the dressing with asparagus, tomatoes and onion. Stir well to coat. Refrigerate until service.

*If you prefer, you can steam the asparagus instead of leaving it raw. After steaming, make sure to rinse asparagus with cold water before combining with other ingredients.

Enjoy!